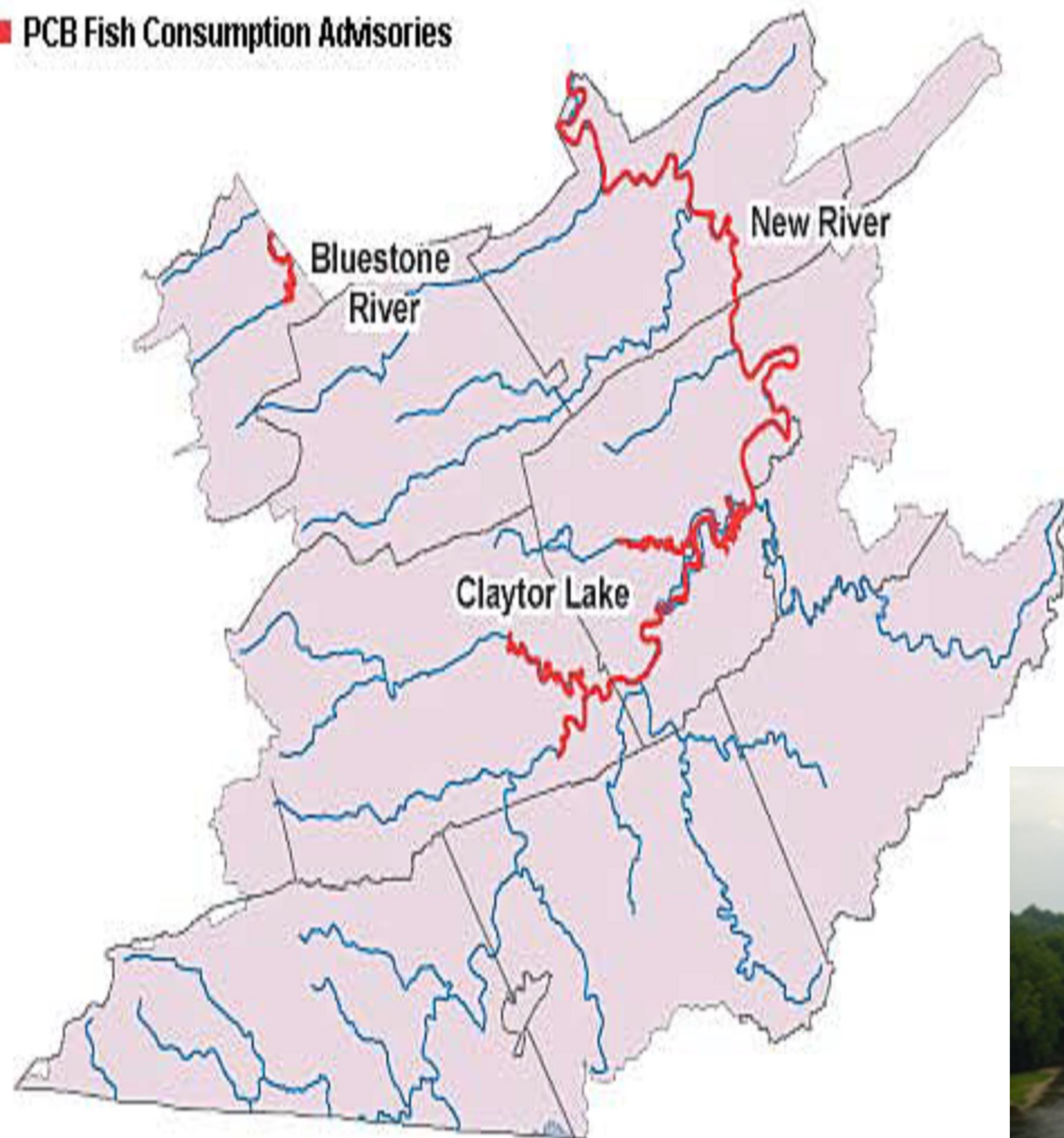


# NEW RIVER BASIN FISH CONSUMPTION ADVISORY



■ PCB Fish Consumption Advisories



NEW RIVER, VA

## Frequently Asked Questions about Polychlorinated Biphenyls (PCBs) Fish Advisories

### How can PCBs affect my health?

The Environmental Protection Agency (EPA) has determined long-term exposure to PCBs may increase the risk of cancer. Individuals exposed to large amounts of PCBs may develop skin conditions such as acne or rashes. In animal studies, PCBs have been shown to damage the liver, stomach, thyroid gland, and cause changes in the immune system, cause behavioral alterations, and impair reproduction.

### Is the recreational use of waters safe where a fish advisory is posted?

Yes. The recreational use of waters for swimming, skiing, and boating, is not impacted by fish consumption advisories.

### Is it safe to eat fish species that have not been mentioned in the advisory?

Yes. Fish species that do not exceed the level of concern are generally safe to eat. People are advised to take precautions to limit consumption of fish species from locations where advisories have been issued.

Women who are pregnant or may become pregnant, nursing mothers, and young children are advised not to eat any fish contaminated with PCBs from the respective advisory areas.



Waterbody and Affected Boundaries	Affected Localities	Contaminant	Species	Advisories/Restriction
<b>New River</b> from below Claytor Lake Dam downstream ~ 68 miles to the VA/WV state line near the town of Glen Lyn in Giles County, VA (8/6/01; modified 12/13/04)	Giles Co., Montgomery Co., Pulaski Co. and Radford City	PCBs	Carp	<b>DO NOT EAT</b>
		PCBs	Flathead Catfish	No more than two meals/month
		PCBs	Channel Catfish	
<b>New River/Claytor Lake</b> from the Rt. 77 bridge near Jackson Ferry downstream to Claytor Lake Dam including its tributaries Peak Creek up to the confluence with North Fork Peak Creek (Tract Fork) in Pulaski and Reed Creek up to the confluence with Miller near Rt. 121 bridge near Max Meadows. These river segments comprise ~68 miles. (12/13/04)	Pulaski Co. and Wythe Co.	PCBs	Carp	No more than two meals/month
		PCBs	Smallmouth Bass	
<b>Bluestone River</b> from the Rt. 460 bridge just south of Bluefield, VA downstream ~ 9 miles to VA/WV state line near the town of Yards in Tazewell County, VA (8/6/01; modified 12/13/04)	Tazewell Co.	PCBs	Carp	<b>DO NOT EAT</b>
		PCBs	White Sucker	No more than two meals/month
		PCBs	Rock Bass	
		PCBs	Largemouth Bass	

## Recommendations for Preparing and Cooking Fish

You can reduce the fat and PCBs in the fish you eat by following the recommendations below:

- **Trim fatty areas** such as the belly, top of back, and lateral line.
- **Remove skin** before cooking to allow fats to drain, which will reduce the layer of fat beneath the skin.
- **Bake, broil, or grill** on a rack to allow fats to drain. Avoid pan frying in butter or animal fat because these methods hold fat juices.
- **Deep-fry trimmed fillets** in vegetable oil. After frying, drain the oil from the fillets and discard any liquid you used to cook the fish.

